

2019

# JMO Guide Getting a Life



**Health**  
Hunter New England  
Local Health District



**Calvary**

**Mater Newcastle**



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## Getting Fed

### **HelloFresh**

HelloFresh delivers fresh ingredients with easy to follow recipes to your home each week. Cook fast healthy recipes designed by nutritionists and chefs.

<https://www.hellofresh.com.au/>

### **MarleySpoon**

Original Recipes Weekly, Fresh Ingredients, Free & Convenient Delivery to your front door, Skip any Week and cancel Anytime. Cooking Boxes for 2-4 people, as well as a fruit box. 9-12\$ a meal

<https://marleyspoon.com.au/>

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## Getting Groceries

Woolworths and Coles both deliver Groceries to Newcastle

**Coles online** - <https://shop.coles.com.au/a/a-national/everything/browse>

**Woolworths online** - <https://www.woolworths.com.au/shop/discover/shopping-online>

Also the following options exist for organic & fruit and veg

- <https://www.doorsteporganics.com.au/> (Organic fruit, veg and all groceries)
- <http://www.go-organic.com.au/> Organic fruit and veg
- <https://fruitbrothers.com.au/> Local meat, fruit, veg, dairy and wholesale

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## Getting Ahead (or out of debt)

### **Cutcher & Neale WealthStart**

\$299 for tax return, financial planning, \$100 off AMA/ASMOF membership, advice of salary and packaging.

<http://www.wealthstart.com.au>

### **Barefoot Investor**

Get a plan for your financial future – get the book, it's a great start for getting a plan on your finances

<https://barefootinvestor.com/>

### **Business for Doctors**

Private Facebook group for Australian Medical professionals on all aspects of working as a Doctor.

<https://www.facebook.com/groups/businessfordoctors/>

### **Investing for Doctors**

Private Facebook group on investing in shares, property, start-ups and how to plan for financial security

<https://www.facebook.com/groups/547880855558479/>

**Getting Home Safely** – Don't forget you can access **Free Taxi Vouchers** from the After-Hours manager at any Hospital, including an extra voucher to get back to your car.



## Getting Away

### **SkyScanner**

A search engine for comparing various airfares. Hotels etc.

<https://www.skyscanner.com.au/>

### **Wotif**

A great sources for last minute Hotel deals.

<https://www.wotif.com/>

### **Frequent Flying Doctors**

Private Facebook group on collecting and using frequent flyer points in Australia and overseas

<https://www.facebook.com/groups/ffdoctors/>

## Getting Help

### **Self Help: Mood Gym (CBT for Depression and Anxiety)**

moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

<https://moodgym.com.au/>

### **Relationships Australia NSW Online Counselling**

Relationships Australia is a leading provider of relationship support services for individuals, families and communities.

<http://www.relationships.org.au/>

### **Are you OK?, Health and Wellbeing for Junior Doctors**

An initiative of the Doctors Health Advisory Service to help junior doctors negotiate the difficulties of being in the role.

<http://www.jmohealth.org.au/>

## Getting Healthy

### **Doctor's Health Advisory Service NSW**

<http://www.dhas.org.au/contact/contact-dhas-in-nsw.html>

### **Get Healthy**

A self-referral site that offers free support for 6 months and up to 13 calls.

<https://www.gethealthynsw.com.au/>

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## Getting Rid of the Kids

Need to get out and can't get a family member or a friend to look after the kids? Pay a teenager instead.

- <https://www.babysits.com.au/>
- <https://www.careforkids.com.au/>
- <https://www.findababysitter.com.au/>

## Getting a (furry) Friend

- <https://www.dogrescuenewcastle.com.au/> (dogs)
- <https://www.hunteranimalrescue.com.au/> (dogs and cats)
- <https://www.rspca.org.au/> (all pets)

## Getting Mindful

### Smiling Mind

Free app for Android / iPhone for easy, guided Australian Meditation

<https://www.smilingmind.com.au/>

### Headspace

Another free mindfulness app, helping you to understand and work through life's challenges

<https://headspace.org.au/>

## Getting Clean

### Alcohol and Drug Information Service

Anonymous and free 24/7 drug information phone service. Calls are not recorded. NSW ADIS 1800 250 015

<https://yourroom.health.nsw.gov.au/getting-help/Pages/adis.aspx>

### Counselling Online

Free 24/7 online anonymous drug and alcohol counselling, self-assessment and self-help tools

<https://www.counsellingonline.org.au/>

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## Getting Fit

### Frontline Yoga

Free yoga for frontline health and emergency services workers and their families.

<https://www.frontlineyoga.com.au/>

- Monday 11am - 12pm | Sprout & Bean, Maitland
- Monday 6.30 - 7.30pm | Tomaree Community College, Nelson Bay
- Tuesday 6.30 - 7.30pm | Yoga Body Works, Newcastle

### Fitness Passport

Access to over 600 gyms around NSW for 11.95 per week or 20.95 for couples / families for HNE Health employees

<https://www.fitnesspassport.com.au/>

## Getting a Deal

### Oz Bargain

An awesome site full of bargain hunting nerds who find the best deals on technology, utilities, hopping and more.

<https://www.ozbargain.com.au/>

### Catch of the day

A site for cheap deals on pretty much everything, including groceries in bulk.

<https://www.catch.com.au/>

## Getting Out

### What's on in Newcastle

- <https://newcastlelive.com.au/>
- <https://www.visitnewcastle.com.au/whats-on/events>
- <https://www.theherald.com.au/whats-on/>

### HunterHunter

Covers Newcastle and the Hunter Valley. If someone has opened up an artisanal, hand churned ice creamery or a unique pottery shop, they somehow find out about it.

<https://www.hunterhunter.com.au>

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## Getting Stuff Done

### Get Organised

Get your life in order, find out about the GTD (Getting things done movement) and put it into practice.

- <https://gettingthingsdone.com/> (the website that started it all)
- <https://todoist.com/> (To Do List app)
- <https://culturedcode.com/things/> (To do list app\_Apple products)

### Admin Support Upwork

Need administrative support for your research, a digital personal assistant. You can hire people through upwork for just about anything.

<https://www.upwork.com/>

## Odd Jobs around the House

Need Help moving house? Need someone to paint the fence or cut the lawn.

- <https://www.airtasker.com/> Any job around the house
- <http://directory.app.homeimprovementpages.com.au/> Find a Tradie



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